

Mr. R Carpenter - CEO  
Mrs. S Lloyd - Headteacher  
Bridle Road, Croydon CR0 8HQ  
Telephone 020 8777 2808

Email: [info@inspireforest.co.uk](mailto:info@inspireforest.co.uk)  
Website: [www.forestacademy.org.uk](http://www.forestacademy.org.uk)

30th June 2023

Dear Parents / Carers,

Over the next few weeks and final half term, the children will be focusing upon 'Growing and Changing Me'. This will cover aspects of the RSHE curriculum such as: taking care of our body, how we change as we grow up, respecting privacy and our bodies, emotions as well as puberty and conception in upper Key Stage 2. Correct anatomical vocabulary will be used during sessions, as detailed on our website ([click here](#)) and in the RSHE policy.

Our RSHE scheme of work introduces language appropriate for the age of the children. It is important that children know the correct names for parts of their body as this increases a child's self-confidence and positive body image. We teach children that all parts of their body are important and no shame or stigma are attached to any part. Please find an outline on our website ([click here](#)) of what is taught in each year group.

If you have any questions, please contact your class teacher.

Thank you for your support,

Mrs Open  
SENCo and RSHE Lead

